

ABSTRACT

A kit for promoting the proper sequential oral administration of a pharmaceutically active ingredient and accompanying nutrients, said kit comprising:

- (a) at least one unit dose of a pharmaceutical active to be given continuously on a frequency of once a week, twice a week, once every two weeks, twice a month, or once a month;
- (b) at least one unit dose of a nutrient to be given subsequent to the active dose administration; and
- (c) a blister card individually and releasably containing the unit doses;

wherein said unit doses of pharmaceutical active and nutrient are arranged horizontally or vertically in order of their use across the blister card is useful for aiding in patient understanding and complying with dosage regimens wherein the active ingredient is administered on a continuous frequency other than daily and the nutrient is administered on the days in between the days the active ingredient is administered.